



## NASM Personal Trainer Exam Study Guide: NASM Test Review for the National Academy of Sports Medicine Board of Certification Examination

By Nasm Exam Secrets Test Prep Team

Mometrix Media LLC. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 6.9in. x 6.3in. x 0.4in. Includes Practice Test Questions Get the test prep help you need to become a NASM Certified Personal Trainer (CPT). The NASM exam is extremely challenging and thorough test preparation is essential for success. Secrets of the NASM Personal Trainer Exam Study Guide is the ideal prep solution for anyone who wants to pass the NASM exam. Not only does it provide a comprehensive guide to the NASM exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. Secrets of the NASM Personal Trainer Exam Study Guide includes: A thorough review for the National Academy of Sports Medicine Board of Certification - Personal Trainer Exam A breakdown of assessment techniques A guide to a variety of exercise techniques An analysis of program design An examination of nutrition An in-depth overview of client relations and administration An extensive look at professional development and responsibility A breakdown of musculature innervation A guide to CPR Comprehensive practice questions with detailed answer explanations Its filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles,...



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